



Harvest of the Month[®]

Network for a Healthy California



2009—2010

1st Grade Workbook



Name _____

Introduction

Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.



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The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 2½ cups of vegetables and 1½ cups of fruit every day.

½ cup of fruit



½ cup of vegetables



1 cup of fruit

1 cup of raw leafy greens



½ cup of vegetables




½ cup of vegetables



¼ cup of dried fruit



Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me
Apple 					
Roots & tubers 					
Cooked greens 					
Beans 					
Grapefruit 					
Beets 					
Peppers 					
Cucumber 					
Berries 					
Corn 					



SEPTEMBER

Apple



APPLE FACTS

1. Apples are a fruit.
2. Apples come in all shades of red, yellow, and green.
3. Apples grow from an apple blossom on a tree.
4. Apples are a good source of fiber that promotes food digestion.

Apples grow on a
tree.

Apple Tree



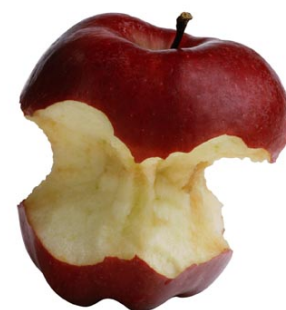
Draw a picture of an apple tree with 5 apples.

Write two words that describe
why apples are good for you.

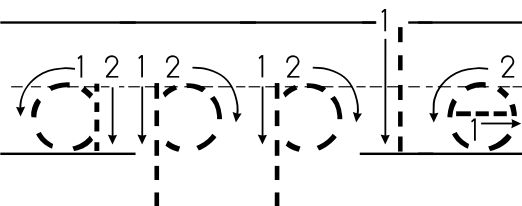
1.

2.

An apple is red
and juicy.

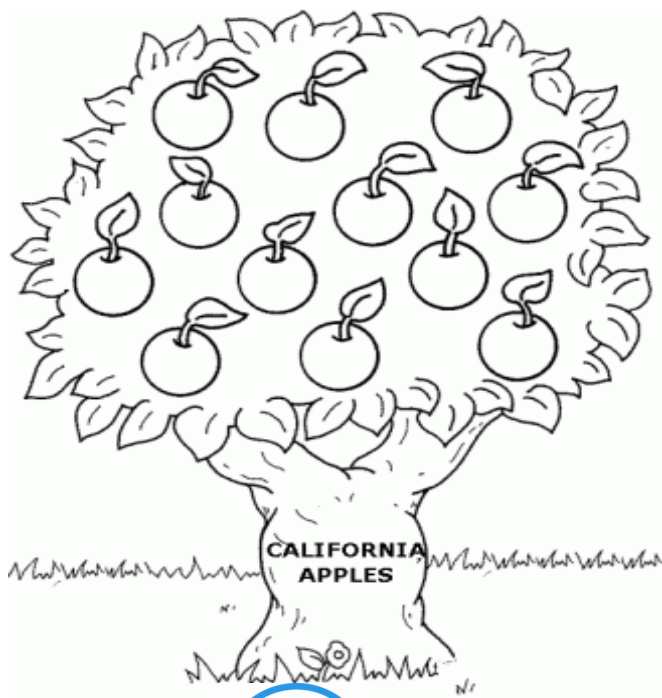


Practice writing the word "apple."



Crisp apples grow on a tree.
Count how many apples
are on the tree. How many
apples did you count?

Color six apples red and
six apples green.



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potato

OCTOBER

Roots & Tubers



jicama

ROOT & TUBER FACTS

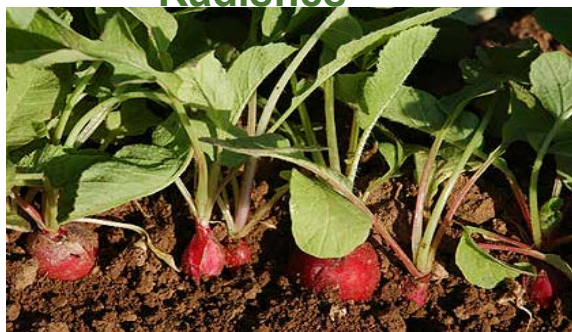
1. Root vegetables are the roots of plants that are eaten as vegetables. Carrots and radishes are types of root vegetables.
2. The root of a plant collects the water and nutrients necessary for the plant to grow.
3. Tubers form at the base of roots and are the swollen tips of stems that grow underground. Tubers include potatoes and yams.

Root vegetables

grow underground.

Draw a picture of a carrot growing underground.

Radishes



Carrots



Write two words that describe what the roots give the plant to help it grow.

1.

2.



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Healthy Snacking

Snack time can be a great time to eat foods that provide your body with wonderful vitamins and minerals. Your body and brain need vitamins and minerals to grow strong and give you the energy you need to play and learn.

DIRECTIONS Not all snacks are nutritious snacks. Some foods with added sugar and fat are less nutritious choices. Compare the food choices below and draw a circle around the snack that would be a more nutritious snack selection.

chips



OR



jicama

carrots



OR



fries

donut



OR



wheat
bagel

milk



OR



soda

Draw a picture of the nutritious snack you will eat this week.

Write the name of your nutritious snack



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bok choy

NOVEMBER

Cooked Greens



collard greens

COOKED GREENS FACTS

1. Cooked greens are leafy green vegetables.
2. Some examples of cooked greens are bok choy, collard greens, kale, and Swiss chard.
3. Cooked greens are an excellent source of vitamin A. Vitamin A helps keep your eyes and skin healthy.

Cooked greens are

leafy green vegetables.

Draw a picture of you eating a bowl of cooked greens at a meal.



kale



Swiss chard

Write two words that describe cooked greens.

1.

2.



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Let's Get Physical

It is important for kids to be physically active for at least 60 minutes every day. Regular physical activity gives you more energy, helps build healthy bones and muscles, and makes you feel great! There are many fun ways to be physically active. What is your favorite way to be physically active?



DIRECTIONS Look at the pictures below and circle all of the different pictures that represent the physical activities you enjoy.



Draw a picture of yourself doing your favorite physical activity.

A large, empty rectangular box with a black border, intended for a child to draw a picture of themselves doing a physical activity.

Talk with a classmate about what you are doing in your picture. Tell them why you think it is fun and why it is good for you.



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Kidney Beans

DECEMBER

Beans



Pinto Beans

BEAN FACTS

1. Dry beans are seeds that grow inside pods on a plant.
2. Beans are a good source of protein. Protein helps build and maintain your muscles.
3. California ranks sixth in the nation in dried bean production.
4. Kidney beans are shaped like a kidney.

Beans are the seeds
of the plant.

Draw a picture of a bean pod with eight beans inside.



Write two words that describe beans.

1. _____

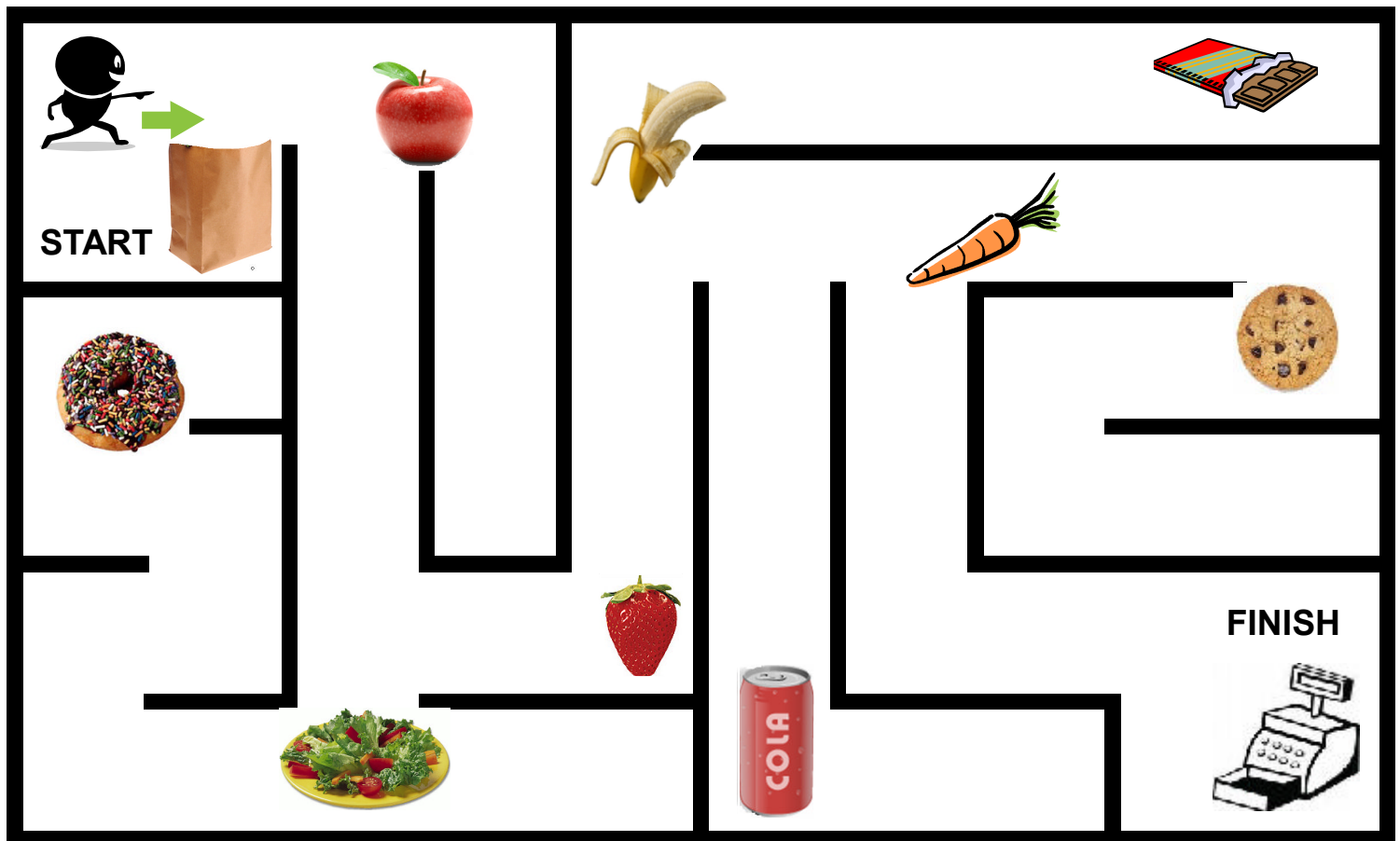
2. _____

Let's Go Shopping!

Did you know that food provides the energy you need to play and learn? Nutritious foods help fuel up your body.



DIRECTIONS Find your way through the grocery store maze to the register. As you go through the maze, circle only the nutritious food choices.



1. How many nutritious foods did you circle? _____
2. Draw a picture of a nutritious snack you will eat this week.



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JANUARY



Grapefruit

GRAPEFRUIT FACTS

1. Grapefruit is a fruit that grows on a tree.
2. Grapefruit is an excellent source of vitamin C.
3. Vitamin C helps the body heal cuts and wounds .
4. California is the nation's second leading producer (behind Florida) of both citrus fruit and grapefruit.

Complete the following sentence about grapefruit.

Grapefruits grow on

a

Grapefruit Tree



Draw a picture of a grapefruit tree with 3 ripe yellow grapefruits and 3 unripe green grapefruit.








Write two words that describe grapefruit.

1.

2.

Power Up Your Day By Adding Fruits and Vegetables!

DIRECTIONS Read the suggestions on how to add fruits and vegetables to your day. Then, make a list of fruits and vegetables you will try to add. Refer to page 25 for fruit and vegetable ideas.

	<p>Suggestions on how to add fruits and vegetables to power up your day!</p>	
<p>BREAKFAST</p> 	<p>Add fruit to your breakfast cereal</p>	<p>Name a fruit you will add to your cereal:</p> <p>_____</p> <p>-----</p> <p>_____</p>
<p>LUNCH</p> 	<p>Pick a vegetable in the cafeteria or pack a vegetable in your lunch</p>	<p>Name a vegetable you will choose for lunch:</p> <p>_____</p> <p>-----</p> <p>_____</p>
<p>SNACK</p> 	<p>Choose raw vegetables for an afternoon snack</p>	<p>Name a vegetable you will choose for your snack:</p> <p>_____</p> <p>-----</p> <p>_____</p>
<p>DINNER</p> 	<p>Eat a big salad with dinner</p>	<p>Name a vegetable you will include on your salad:</p> <p>_____</p> <p>-----</p> <p>_____</p>
<p>DESSERT</p> 	<p>Eat fruit for dessert</p>	<p>Name a fruit you will choose for your dessert:</p> <p>_____</p> <p>-----</p> <p>_____</p>



FEBRUARY

Beets



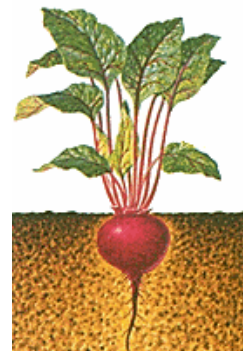
BEET FACTS

1. Beets are a root vegetable that grows under the ground.
2. Beet greens are a high source of vitamin A and vitamin C.
3. Beet juice is used as a natural food coloring to dye clothes.
4. Beets can be eaten fresh or cooked.

Complete the following sentence about beets.

Beets grow under
the _____.

Draw a picture of three beets growing under the ground.



Write two words that describe beets.

1. _____

2. _____



Eating salad is a great way to get the vegetables you need every day. Vegetables contain the vitamins and minerals your body needs to grow and to be strong and healthy.

Beets can add a lot of flavor to a salad. Draw a picture of a salad with beets and other nutritious vegetables in it.

Vegetable	Picture
Beets	
Broccoli	
Carrots	
Cauliflower	
Lettuce	
Peppers	



Write the names of the vegetables in your salad bowl.

Share what is in your salad with your family. Try your salad at home this week!



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MARCH



Peppers

PEPPER FACTS

1. There are nearly 2,000 types of peppers grown around the world.
2. Peppers are grouped into two categories: hot and sweet.
3. Peppers are an excellent source of vitamin C.
4. The most common pepper is the bell pepper.



Complete the following sentence about peppers.

Peppers



There are 2 green peppers, 2 red peppers and 2 yellow peppers in a garden. How many peppers are there in all? _____
Write the number sentence.



$$\square + \square + \square = \square$$



Draw a picture of your peppers.

Let's Have A Healthy Picnic!

Spring is a great time of year for a picnic. John and Marie enjoy a nutritious picnic lunch. John is enjoying a sandwich. Marie is enjoying delicious watermelon. If you were going to have a nutritious picnic, what would you bring? Draw your nutritious picnic food choices in the picnic basket.



Tell your family about the nutritious foods you drew. Explain to them why you would like to eat these nutritious foods at home.

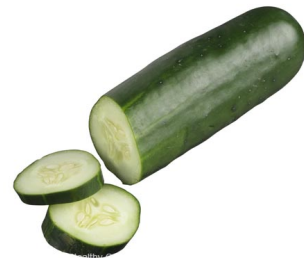


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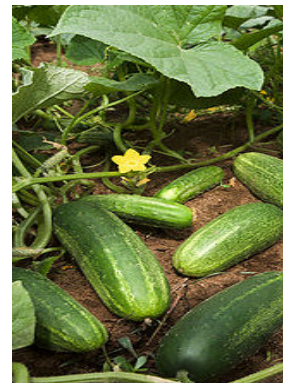
APRIL

Cucumber



CUCUMBER FACTS

1. Cucumbers grow on a vine.
2. Cucumbers are 96% water.
3. Pickles are made from cucumbers.



Complete the following sentence about cucumbers.

Cucumbers

There are 5 cucumbers and 7 pickles. Put the right symbol in the number sentence:

more than $>$ or
less than $<$

5 ○ 7



Write two words that describe cucumbers.

1.

2.

Use MyPyramid to make **HEALTHY** food choices!

Directions: Color in each section of the MyPyramid. Name one food that belongs to each group.



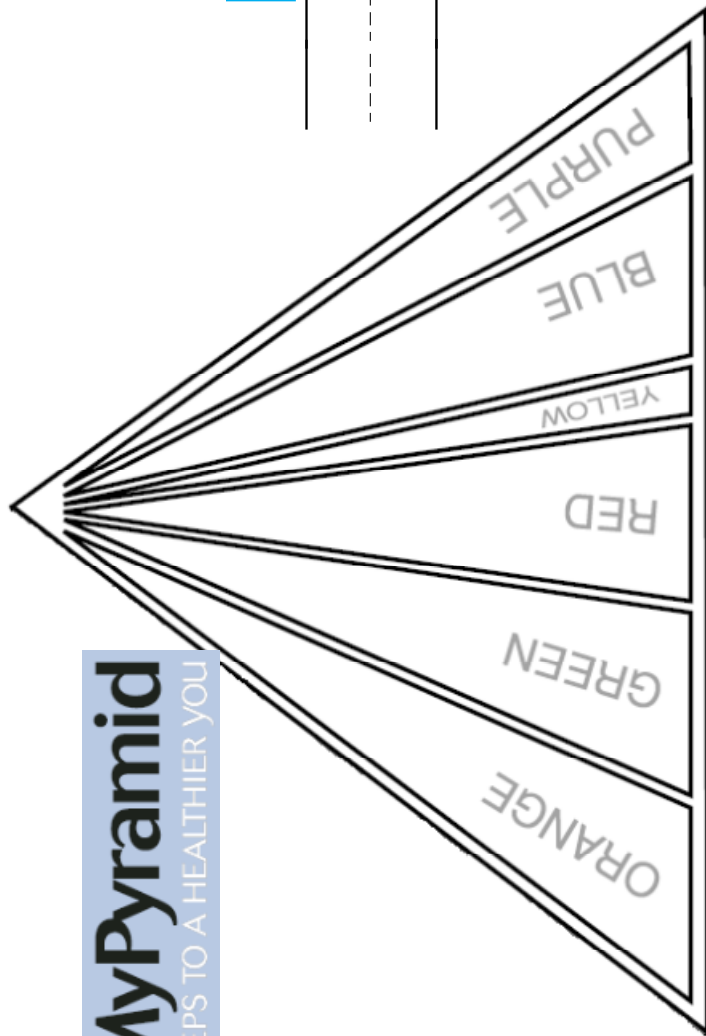
Grains
Make half your grains whole












Vegetables
Vary your veggies

Fruits
Focus on fruits

Milk
Get your calcium-rich foods

Meat & Beans
Go lean with protein



Grains	Vegetables	Fruits	Oils*	Milk	Meat & Beans
 Bread 	 Pepper 	 Apple 	 Oil	 Cheese 	 Peanut Butter 
Cereal	Cucumber	Grapefruit		Milk	Chicken



Blueberries

MAY

Berries

Blackberry



BERRY FACTS

1. Berries are fruits.
2. There are many different types of berries such as blueberries, raspberries, strawberries, and blackberries.
3. Strawberries are the most popular berry.
4. Most berries are an excellent source of vitamin C.

Write one sentence about berries.

Berries



Raspberries

Draw a picture of your favorite berry.

Write two words that describe berries.

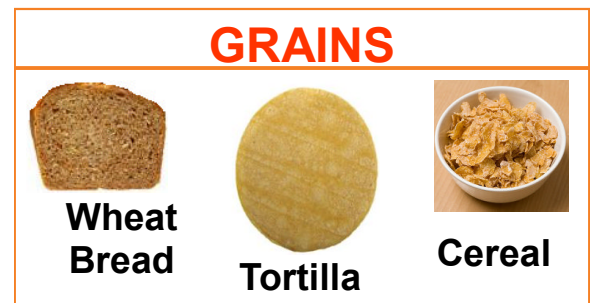
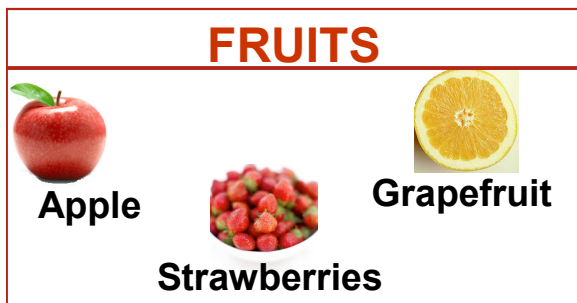
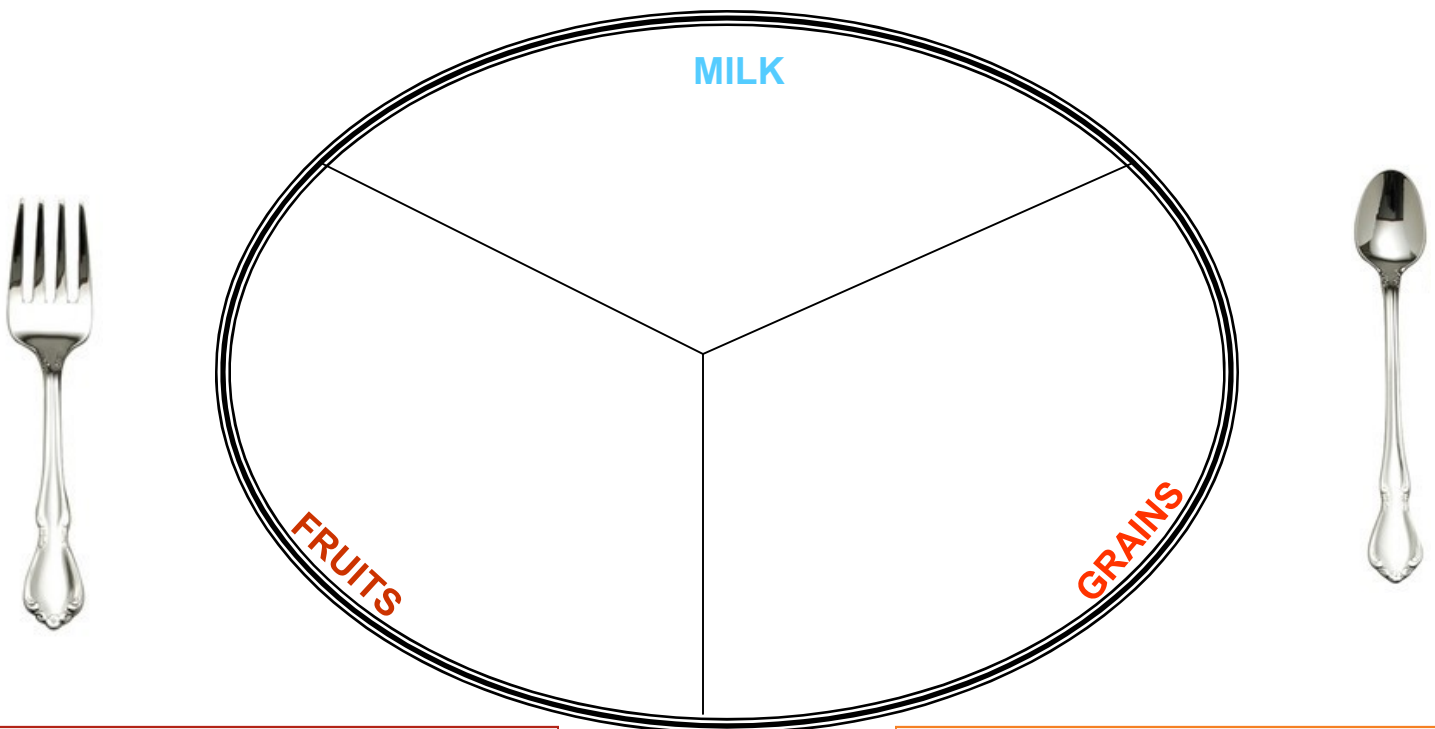
1.

2.

Power Up Your Day with Breakfast

Breakfast gives you the energy your body needs to power up your day. Eating nutritious foods for breakfast provides the energy you need to be alert and ready to learn at school. Make sure you eat breakfast every day!

Direction: Pick one food from each of the three groups and draw the picture in the correct food group section on your plate. Your breakfast should include foods from three food groups.



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JUNE

Corn



CORN FACTS

1. Corn is a vegetable.
2. Corn grows on a stalk.
3. California is the nation's top producer of fresh sweet corn.
4. Each piece of corn is called an "ear of corn."

Write one sentence about corn.

Corn

Draw a picture of you enjoying corn on the cob.



Write two words that describe corn.

1.

2.



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Make Plans for a Healthy Summer!

Congratulations on your new discovery of so many delicious fruits and vegetables. Over the summer it is important to continue to eat plenty of colorful fruits and vegetable every day. Write one thing you can do this summer to make sure you will get the amount of fruits and vegetables you need every day to stay healthy and energetic.



This is one way I will make sure I get the amount of fruits and vegetables I need every day.

In addition to eating fruits and vegetables, you need about 60 minutes of physical activity every day. Write one thing you can do this summer to make sure you get the amount of physical activity you need every day.

This is one way I will make sure I get the amount of physical activity I need every day.

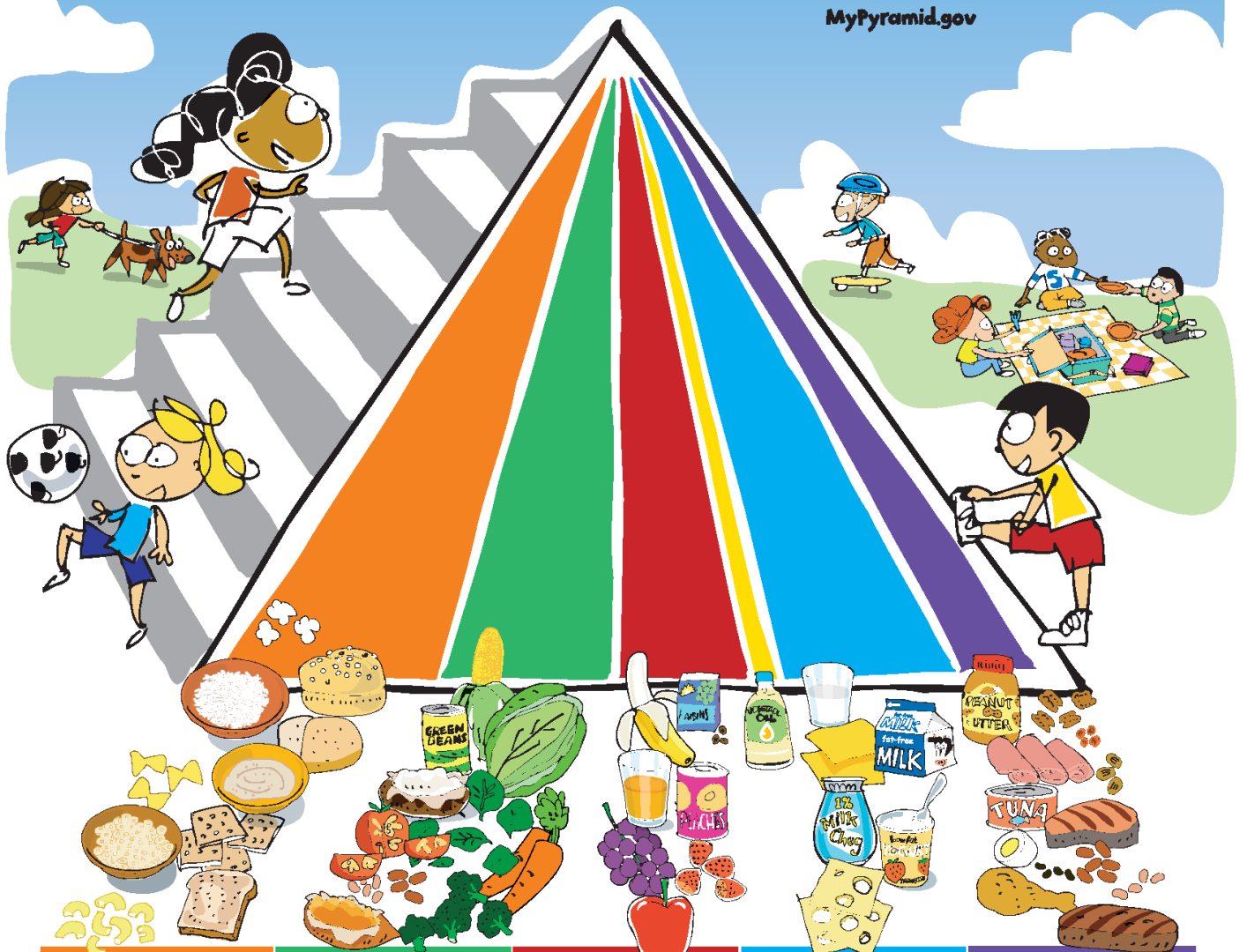


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MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats — sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every day
---	--------------------------	--------------------------	--	---------------------

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!

Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

Foods Found in MyPyramid



Grains

Brown rice	Cornbread
Buckwheat	Corn tortillas
Oatmeal	Couscous
Popcorn	Crackers
Whole wheat cereal	Flour tortillas
Ready to eat breakfast cereal	Grits
Whole grain barley	Noodles
Whole grain cornmeal	Spaghetti
Whole rye	Macaroni
Whole wheat bread	Pitas
Whole wheat crackers	Pretzels
Whole wheat pasta	Corn flakes
Whole wheat tortillas	White rice
Wild rice	



Vegetables

Bok choy	Corn
Broccoli	Green peas*
Collard greens	Potatoes
Dark green leafy lettuce	Artichokes
Kale	Asparagus
Mustard greens	Bean sprouts
Lettuce	Beets
Spinach	Brussels sprouts
Turnip greens	Cabbage
Squash	Cauliflower
Carrots	Celery
Pumpkin	Cucumbers
Sweet potatoes	Eggplant
Black beans*	Green beans
Black-eyed peas*	Bell peppers
Garbanzo beans (chickpeas)*	Mushrooms
Kidney beans*	Okra
Lentils*	Onions
Lima beans*	Zucchini
Pinto beans*	Turnips
Soy beans*	Tomatoes
Split peas*	Tomato juice
Tofu	Vegetable juice

*beans and peas can also go in the meats & beans group



Fruits

Apples	Oranges
Apricots	Peaches
Avocado	Pears
Bananas	Papaya
Strawberries	Pineapple
Blueberries	Plums
Raspberries	Prunes
Cherries	Raisins
Grapefruit	Tangerines
Grapes	100% orange juice
Kiwi fruit	100% apple juice
Lemons	100% grape juice
Limes	100% grapefruit juice
Mangos	
Cantaloupe	
Honeydew	
Watermelon	



Milk

Milk
Cheddar cheese
Mozzarella cheese
Swiss cheese
Parmesan cheese

Yogurt

Cottage cheese
Ice milk



Meat & Beans

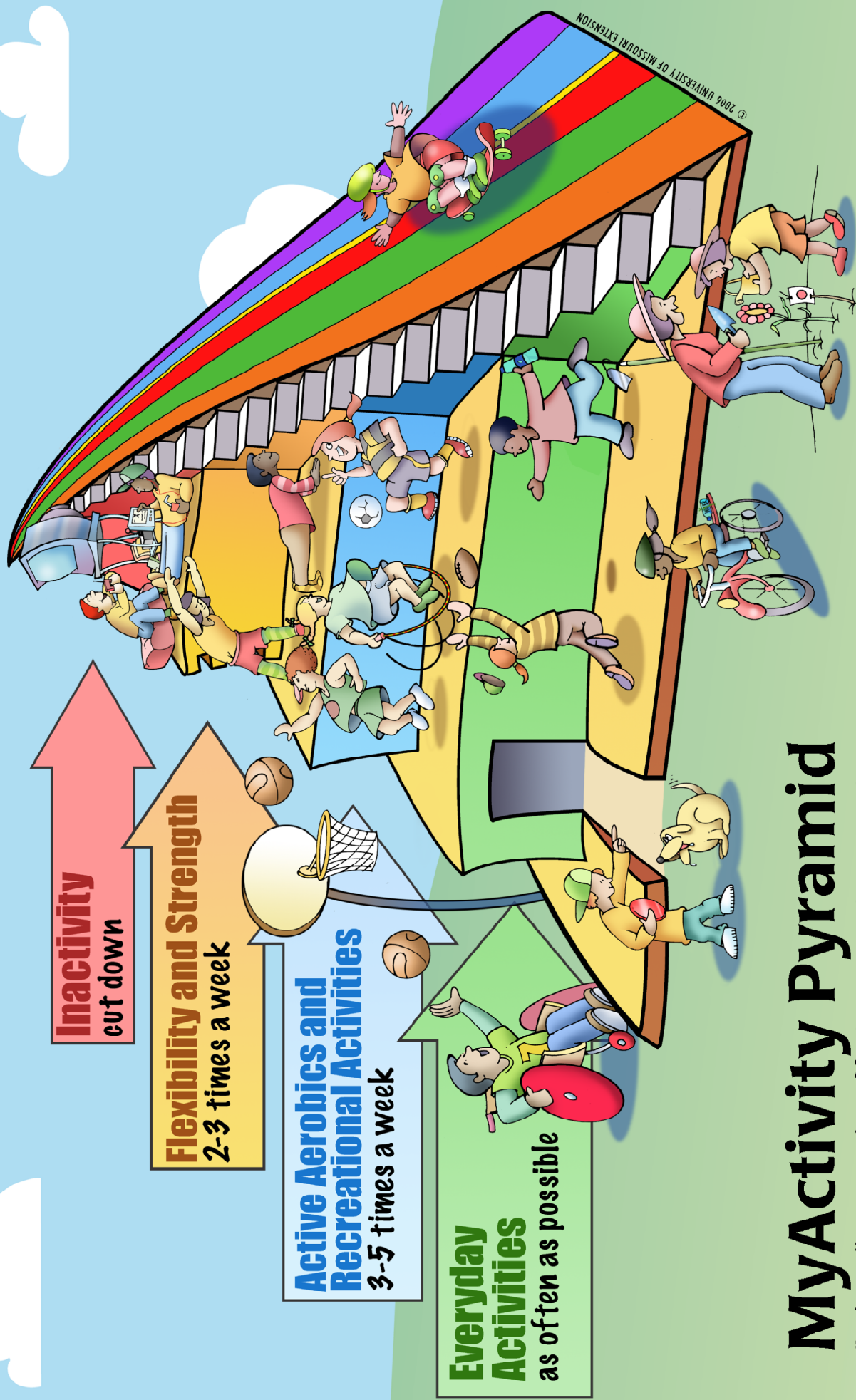
Chicken	Ham	Veggie burger
Turkey	Lamb	Tempeh
Beef	Pork	Peanut Butter
Eggs	Fish	

Almonds

Cashews
Peanuts
Sunflower seeds
Pistachios
Sesame seeds

Pecans

Walnuts
Beans and peas
(see vegetables)



MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.
Use these suggestions to help meet your goal.

Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round



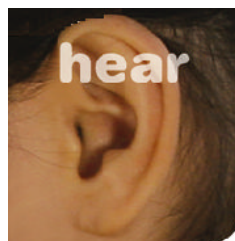
Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouthwatering
Yummy
Good
Bad
Refreshing



Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy



Sweet
Sour
Bitter



Crunchy
Crisp
Juicy

Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food.
Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

Acknowledgements

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Coloring pages and product characters taken from dole5aday.com



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